



Mountain Medic News

VOLUME 1, ISSUE 5

JULY 2013

UPCOMING EVENTS

1 August

1. Pay Day Activities

2-4 August

1. DONSA

6 August

1. CSM Tyson AoR 1000, Founder Field

12-23 August

1. FTX

31 August

1. End of summer Fireworks show, Fort Carson

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MONTHLY ROUNDUP

July has been a great month for the CSH. For Sergeants Time Training 10th CSH Soldiers had an opportunity to work on Battle Drills. They had refresher training on movement under contact, move around or through an obstacle, and react to indirect firer.



Soldiers at SGT time training practicing Battle Drills.

Thanks to 223rd PM we had great off site PT, and performed Cross Fit in the park.

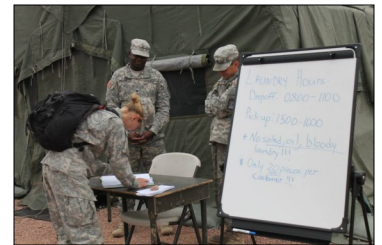
In preparation for our upcoming

FTX the 68M (Nutrition Care Specialist) and 92S (Shower/Laundry and Clothing Repair Specialist) had an opportunity to perform a Mission Readiness Exercise (MRX) at the TAC Lot. Showers were available after PT, a hot breakfast and lunch was available to the Soldiers, and laundry services was offered . The food was great, the showers were nice, and



Soldiers after Cross Fit in the park

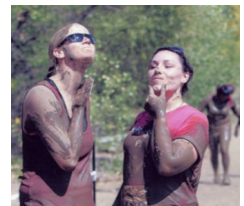
who doesn't like clean clothes. The field is not looking so bad



Soldiers drop off their laundry to SPC Anouma and SPC Kidder

after all.

We also had a health and welfare check in the barracks. Military working dogs were used. I am glad to report that nothing was found except for a few pairs of dirty socks. Check out the 10th CSH Facebook page and you can see a video of LTC Spangler volunteering to be attacked by one of the military working dogs.



SPC Clark and SPC Kelso at the Dirty Girl Mud Run

Fun Runs

Are you looking for something fun to do as the summer ends? How about a fun or mud run. A fun run is a friendly race that involves either road running or



SSG McNutt 4 year old son Antonio participate at a color run.

cross country running with participants taking part for their own enjoyment rather than competition and will usually be held to raise funds for a charity.

Mud runs average three miles long with somewhere around 10 -20 obstacles. Some of the common obstacles featured by these runs involve crawling under barbed wire, climbing over cargo nets, balancing on balance beams, climbing walls, and of course wading through mud pits. There are fees generally associated with these runs and discounted prices can often be found on sites like Groupon and Living Social. The runs are a great way to spend time with

family and friends. They are for all fitness levels and all ages.

List of local upcoming runs:
BIG DOG BRAG, mud, run, fun, family, 5k, 2k, obstacle, Colorado Springs CO 3 Aug 2013
THE COLOR RUN, fun, family, 5k, Colorado Springs, Co 15 Sep 2013
DIRTY DASH, mud run fun, Fountain CO 24 Sep 2013

Understanding the Thrift Saving Plan

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Thrift Savings Plan (TSP) is a retirement savings and investment plan for civilian employees of the United States Government and members of the uniformed services. TSP is similar to a 401K plan offered by many public and private corporations. The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you put into your account during your working years and the earnings accumulated over that time. All funds contributed belong to the beneficiary, even if they do not serve the 20 or more years ordinarily necessary to receive uniformed services retired pay. Your contributions are automatically invested in TSP's G Fund until you access your account and designate other funds to invest

in. You have several TSP investment options from which to choose. The TSP has a selection of individual and lifecycle funds that offer broad market diversification. You can choose to have your retirement dollars invested in everything from a short-term U.S. Treasury security to index funds comprised of domestic and international stocks.

Roth TSP contributions are taken out of the paycheck after income is taxed. When Roth funds are withdrawn, they are tax-free. Additionally, there are no taxes on the earnings as long as the Soldier is at least age 59 ½ (or disabled) and the withdrawal is made at least 5 years after

the beginning of the year in which the first Roth contribution was made

If you would like to learn more about TSP offered by the uniformed services visit. <https://www.tsp.gov/investmentfunds/investmentFunds.shtml>

To learn more about the financial literacy programs offered through Army Community Services (ACS) contact (719) 526-4590



Outstanding

SFC Wright was nominated for the AUSA SGM Larry E. Strickland Educational Leadership Award

SGT Leva - Distinguished Honor Grad at ALC

2LT Conley and SPC Garcia were recognized at the Pikes Peak or Bust Rodeo as an Unsung Hero for their selfless service

LTC Spangler was nominated to attend the FORSCOM 10th Leader Development Program

SSG Purser was selected for the Warrant Officer Program and Flight School

SSG Sims was accepted into the Green to Gold Program and will be headed to Eastern Michigan University

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CHAPLAIN'S CORNER



CPT Harlow-Curtis

It's time to introduce our new Chaplain and the Unit Ministry Team (UMT), CPT Harlow-Curtis and SGT Etheridge. Chaplain Harlow-Curtis came to us as Cadre from the Warrior Transition Battalion where he worked tirelessly bringing top notch pastoral care, and plans to bring that same dedication, vigor, and excitement to the 10th CSH. Chaplain Harlow-Curtis started as a Chaplain Assistant and a few short years later earned his commission into the Chaplain Corps.

SGT Etheridge arrived from the Joint Installation Chaplain Office at Fort Sam Houston where he broadened his skills by working cooperatively in an Air Force controlled command. As your UMT, we hope to bring unrivaled pastoral care and services to the 10th CSH and hope to see you all soon.
- Pro Deo et Patria (For God and Country)



SGT Etheridge